

See what's
happening at RCPC!



TUESDAYS

Community Play Group

1st and last Tuesday of the month

10:00—12:00 PM

This is a parent run play group designed to give parents a community space to meet and socialize with their young children. Parents and children come out, meet some new friends, and have fun!

If you are interested in attending please call 456-9002

Interested in starting a play group or support group but need a space?

Please call Hayley at 456-9002 to reserve a play room for weekly, biweekly, or monthly meetings.

CLASSES OFFERED AT RCPC:

September

Fridays

Strengthening Families

A 10 week program

September 8th– November 10th

5:00 - 6:30 PM

If you are looking for better ways to connect with your kids and strengthen your family's bond, this is the session for you! Positive, helpful insights, and activities— there's something for every family. This session is for parents with children ages 6-11. Dinner provided.

Please call to pre-register.

Class fee is \$50.

Scholarships are available



**726 26th Ave., Suite 2
Fairbanks, AK 99701
Fax: 907-451-8125**

October

Wednesdays

Circle of Security

A 4 week program

October 4th– October 25th

1:00 - 3:00 PM

Join a supportive group in learning techniques for becoming more attuned and supportive to your young child's emotional needs. Circle of Security Parenting is designed for caregivers of young children ages 0-5, helping care givers recognize patterns of attachment in order to support their child's emotional growth and development.

Please call to pre-register.

Class fee is \$30.

Scholarships are available

Always:

be BIGGER, STRONGER, WISER, AND KIND.

Whenever possible:

Follow your child's need.

Whenever necessary:

take charge.

© Circle of Security Parenting Program developed by Glen Cooper, Kent Hoffman, and Bert Powell.

Thursdays

Scream Free Parenting

A 6 week program

October 26th - December 7th

(No class November 23rd)

4:00– 6:00 PM

Learn how to parent out of your integrity by staying calm, cool, and connected. Learn how to curb your emotional reactivity (whether you blow up, cave in, or check out) so that you can have a relationship with your child and save some of your energy! This class is a four-part series.

Please call to pre-register.

Class fee is \$30.

Scholarships are available

For more information on groups and classes, please call Hayley at 456-9002 or email htiger@rcpcfairbanks.org

Family Support

Home Visiting Program

The Family Support Program is a comprehensive, strength based program offering in-home support services for parents with children **prenatal to age 12**. During weekly home visits, parents are provided with information on child development, parenting education, community resource opportunities, and service coordination.

Services Offered Include:

- Individualized, weekly visits
- Developmental Screenings for children ages 0-5
- Transportation to necessary appointments and services as needed.
- Group activities and support for parents and their children.
- Parent and child Resource Library

**For more information
please call:**

456-9002

RCPC is a proud member of...



Cuddle Cure Classes

Based on Dr. Harvey Karp's best-selling book and award-winning video, **The Happiest Baby on the Block**, the Cuddle Cure is a two-hour class which teaches five simple ways to turn on a baby's "calming reflex" - the extraordinary crying off-switch that all babies are born with. This class is for anyone who has an interest in the well being of infants from birth to 3 months of age. It is highly recommended for pregnant women, couples, parents, grandparents, and child care providers.

Please Call Parenting Coach at 456-9002 for dates and to register

Cost: \$30 per family
(Scholarships are available)

Participants receive a **Parent Kit** which includes:

- ◆ RCPC bag
- ◆ Swaddling blanket
- ◆ The Happiest Baby on the Block DVD



**Find RCPC on Facebook
to stay up to date on
changes, events, and groups**

Fairbanks Families Activities

Looking for more family-
friendly
activities around Fairbanks?

Check out the calendar
and other resources at
fairbanksfamilies.com



"MA POOLE"

LENDING LIBRARY

Visit our lending library Monday through Friday, from 9 a.m. to 5 p.m. and check out books, videos, and DVDs on topics such as positive discipline, sibling rivalry, loving your teenager, becoming a new parent, and so much more. If you need assistance with a specific parenting topic, our staff is always willing to assist.



Fall 2017
September-December



Resource Center for Parents and Children

...because kids
don't come with
instructions.

Family Education Services